

# MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS  
DISEASE 2019 (COVID-19)

FRIDAY, MARCH 12, 2021



*Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!*

## **TELEBRIEFING SCHEDULE UPDATE:**

***Our telebriefings will now take place every second and fourth Thursday of the month.***

Make sure you join us Thursday, March 25<sup>th</sup> from 10 - 11 AM for another online forum and Q&A. To submit your questions in advance, [click here](#).

## **Special Thanks to our March 11<sup>th</sup> Telebriefing Guest:**



**Chuck Camarato**  
22<sup>nd</sup> District Commander  
Post 731  
San Diego American Legion

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## County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

Benefit Information & Assistance and Other Professional Services for Military Veterans and Dependents – [Click here](#)

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## In Case You Missed It...



**The American Legion** is a non-profit veteran organization that offers local programs and activities to strengthen its commitment to the nation's grass roots and the people they serve. Their mission is to enhance the well-being of America's veterans, their families, our military, and our communities through their devotion to mutual helpfulness. The American Legion's success depends entirely on active membership, participation, and volunteerism. One of the oldest veteran organizations in America, current membership stands at 2 million veterans at more than 13,000 Posts worldwide.

22<sup>nd</sup> District is comprised of 29 Posts in all areas of San Diego County representing 8,360 Legionnaires. San Diego is home to one of the three American Legion VSO offices in Mission Valley. Each Post is unique in offering various Legion programs such as Boys State, Oratorical, scouting, baseball, junior shooting sports, law and order programs, and youth programs. For more information about American Legion District 22, [click here](#). To become a member, [click here](#). To find a post near you, [click here](#).

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## New CDC Guidance for Fully Vaccinated People

The Centers for Disease Control and Prevention (CDC) has created the first set of public health recommendations for fully vaccinated people. This guidance will be updated and expanded based on the level of community spread of COVID-19, the proportion of the population that is fully vaccinated, and the rapidly evolving science on COVID-19 vaccines.

According to the guidance, people are considered fully vaccinated for COVID-19 two or more weeks after they have received the second dose in a 2-dose series (Pfizer or Moderna) or more than two weeks after they have received a single-dose vaccine (Johnson & Johnson).

### Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks for physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

### For now, fully vaccinated people should continue to:

- Take precautions in public like wearing a well-fitted mask and physical distancing
- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized in-person gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations

To view the full CDC guidance for fully vaccinated people, [click here](#).

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## Events and Announcements

**Courage to Call** is hosting another drive-thru food distribution event at 10 a.m. on Saturday, Mar. 13 at 9445 Farnham St., San Diego, 92123. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID.

**SDVC Monthly Meeting** active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, April 2. For details, visit [sdvetscoalition.org](https://sdvetscoalition.org).

**Wellness Wednesday** is a virtual event hosted by Courage to Call to teach military members, veterans, and their families about wellness topics and helpful resources every Wednesday at

4:00 p.m. To participate in Wellness Wednesday, visit the [Courage to Call Facebook page](#) and join through Facebook Live.

**North County Veterans Stand Down** is a four-day event that enables homeless veterans to receive much-needed services in a safe, friendly, drug-free and secure environment. It will be held at Green Oak Ranch at 1237 Green Oak Road, Vista, CA 92081 from Thursday, April 14 through Sunday, April 18. For details, visit [NCStandDown.org](#).

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## Johnson & Johnson COVID-19 Vaccine Arrives in San Diego

The arrival of the Johnson & Johnson COVID-19 vaccine will make it easier for San Diegans to be vaccinated against the virus. The one-shot vaccine has arrived in the region and is being distributed the same way as the Pfizer and Moderna vaccines.

Health officials say the Johnson & Johnson vaccine is just as effective as its counterparts at preventing serious illness from COVID-19 and was tested against virus variants. Also, all currently available vaccines were 100% effective at preventing hospitalizations and deaths during trials.

“San Diegans should get whichever vaccine is available when it’s their turn to get vaccinated,” Wilma Wooten, M.D., M.P.H., County public health officer. “All three vaccines are excellent at preventing people from getting seriously ill from COVID-19.”

To read the full County News Center story, [click here](#). If you are eligible to receive a vaccine, [click here](#) to make an appointment. To learn more about the Health Equity Quartile in San Diego County, [click here](#).

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## Monoclonal Antibody Treatment is Available!

Monoclonal antibodies are made in the lab to prevent the SARS CoV-2 virus from getting into your cells and making you sick with COVID-19. Patients with symptomatic COVID-19 should talk to their primary care provider to see if they are medically eligible for this treatment. Patients *MUST* be referred for treatment by a medical provider.

**You may be eligible to receive this treatment if you are:**

- A person who is positive for COVID-19 with mild to moderate symptoms, *AND*
  - Whose symptoms first appeared within the last 10 days, *AND*
  - 12 years of age and older, *AND*
  - At high-risk of getting very sick or being admitted to the hospital from COVID-19 based on strict medical criteria.
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## Free MTS and NCTD Rides to Vaccination Appointments

MTS and NCTD are offering free rides for everyone in the region who needs a lift to their vaccine appointment. Ride any bus, trolley, SPRINTER or COASTER for free with proof of vaccine appointment. [Click here](#) to view MTS's transit trip planner with vaccine sites to help residents get to their appointments. For more information, visit the [MTS website](#).

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## County of San Diego 2021 Emergency Rental Assistance Program

The County of San Diego's Emergency Rental Assistance Program (ERAP) helps eligible households in qualifying areas who have been financially impacted by the COVID-19 pandemic. The program provides payment assistance for renters behind on rent and utilities.

You may be eligible to receive rental assistance if your:

- Household income is at or below 80% Area Median Income
- Household has experienced a financial hardship directly related to COVID-19
- Household is at risk of experiencing homelessness or housing instability
- Household does not receive any other forms of rental subsidy such as Section 8 or other rental assistance programs, rapid rehousing assistance, or rental assistance from non-profit agencies.

To apply for ERAP, [click here](#). For veteran-specific rental assistance, [click here](#). If you do not have internet access and need assistance in completing an application, please call (858) 694-4801.

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## Office of Equity and Racial Justice Survey Opportunity

The Leon L. Williams San Diego County Human Relations Commission invites you to provide your feedback on the draft mission statement for the County's new Office of Equity and Racial Justice. The Office of Equity and Racial Justice (OERJ) was recently established by the San Diego County Board of Supervisors and a draft mission statement was recently co-created by community members. Please consider taking this [brief survey](#) to provide feedback on the draft mission statement, as well as feedback that will help us understand different community concerns and needs as it relates to the OERJ.

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## Mental Health Resources

**Courage To Call.** Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty



military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit [www.courage2call.org](http://www.courage2call.org), or call 1-877-698-7838, or 2-1-1.

**The County's Access and Crisis Line (ACL)** is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

**VA Veteran Suicide Prevention and Crisis Line**, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

**The National Suicide Prevention Lifeline**, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



**Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors.** For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

## COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail [COVID-Military-Veterans@sdcounty.ca.gov](mailto:COVID-Military-Veterans@sdcounty.ca.gov) with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

**If you work or reside at a skilled nursing or long-term care facility and have not yet been contacted to schedule your COVID-19 vaccine appointment, please send an e-mail to [COVID-HealthcareStatus@sdcounty.ca.gov](mailto:COVID-HealthcareStatus@sdcounty.ca.gov)**

## Continue to Stay Informed



[County Coronavirus Website](#)



[Resources & Materials](#)



[Resources for Military, Veteran's & their Families](#)



[Testing Information](#)

